

APRIL 2021 - G V CENTER

SUN	MON	TUE	WED	THU	FRI	SAT
Walk Fit Challenge Starts w/ Julie – Ages (30-50yrs.) Programs: Coffee in the Park and Book Club	- @ Center: 8am-Weights 9am-S.Moves 10am-Line D. 5pm-Walk Fit Challenge (age;30-50)with Julie	- @ Center: 8am-Cardio Stick 9am-Weights 10am-Tap @ Wyman: 11:30am-Book Club	- @ Center: 8am-Combo Cardio 9am- Weights 10am-Line Dance 5pm-Walk Fit Challenge (age;30-50)with Julie	1st- @ Center: 8am-Cardio Stick 9am-Weights 10am-Stretch/Bal. @ Wyman: 10am- Coffee in the Park	2nd - @ Center: 8am-Cardio Sculpt 9am-Weights 10am-Chair Stretch Drive By Easter Egg Hunt: 11am-1:pm	3rd - @ Center: 9am-Yoga Easter Egg Hunt Drive By: 10am-12:00
4th- (EASTER Drive By) Lunch & Learn this week at Wyman, 11am-1pm. Speakers: Medicare and Medical Centers for Seniors	5th- @ Center: 8am-Weights 9am-S.Moves 10am-Line D. 5pm -Walk Fit w/Julie	6th -@ Center: 8am-Cardio Stick 9am-Weights 10am-Tap	7th - @ Center: 8am-Combo Cardio 9am- Weights 10am-Line Dance 5pm-Walk Fit Challenge (age;30-50)with Julie	8th - @ Center: 8am-Cardio Stick 9am-Weights 10am-Stretch/Bal.	9th- @ Center: 8am-Cardio Sculpt 9am-Weights 10am-Chair Stretch	10th - @ Center: 9am-Yoga
11th	12th - @ Center: 8am-Weights 9am-S.Moves 10am-Line D. @ Wyman: 11am-Lunch & Learn: Clear Captions 5pm—Walk Fit w/Julie	13th - @ Center: 8am-Cardio Stick 9am-Weights 10am-Tap	14th- @ Center: 8am-Combo Cardio 9am- Weights 10am-Line Dance 5pm—Walk Fit w/Julie	15th- @ Center: 8am-Cardio Stick 9am-Weights 10am-Stretch/Bal. @ Wyman: 10am- Coffee in the Park	16th - @ Center: 8am-Cardio Sculpt 9am-Weights 10am-Chair Stretch	17th - @ Center: 9am-Yoga
18th Week of Coffee in the Park	19th - @ Center: 8am-Weights 9am-S.Moves 10am-Line D. 5pm—Walk Fit w/Julie	20th - @ Center: 8am-Cardio Stick 9am-Weights 10am-Tap	21st - @ Center: 8am-Combo Cardio 9am- Weights 10am-Line Dance 5pm—Walk Fit w/Julie	22nd - @ Center: 8am-Cardio Stick 9am-Weights 10am-Stretch/Bal. @ Wyman: 10am- Coffee in the Park	23rd - @ Center: 8am-Cardio Sculpt 9am-Weights 10am-Chair Stretch	24th- @ Center: 9am-Yoga
25th Week of Metro Park Walk	26th - @ Center: 8am-Weights 9am-S.Moves 10am-Line D. 5pm—Walk Fit w/Julie	27th- @ Center: 8am-Cardio Stick 9am-Weights 10am-Tap	28th- @ Center: 8am-Combo Cardio 9am- Weights 10am-Line Dance 5pm—Walk Fit w/Julie 10am—Metro Park	29th -@ Center: 8am-Cardio Stick 9am-Weights 10am-Stretch/Bal.	30th - @ Center: 8am-Cardio Sculpt 9am-Weights 10am-Chair Stretch	9am-Yoga